

Kelso Choice: Wait and Cool Off

Examples of How To Use....

***Think of Ways You Like To Calm Down: Take Deep Breaths, Count to 10, Think of a Peaceful Place or Thing, Color, Push on a Wall, Squeeze a Pillow, Sing, Dance, Take a Walk, Exercise, Calm Down Spot, Paint, Draw**

***when you are feeling mad because you are having a hard time tying your shoes**

***when you are feeling angry because your sister/brother will not give you a turn**

***when someone is making you feel upset**

***when you feel furious because you forgot to bring your book-in-a-bag or snack to school**



IF YOU HAVE A BIG PROBLEM,
TELL AN ADULT YOU TRUST.

Kelso Choice: Tell Them To Stop

Examples of How To Use....

***Say, "Can you please stop?"**

*when someone is making loud noises and you are trying to do your work

*when someone is making clicking noises with their mouth

*when someone is not playing fair in a game

*when someone is saying something to you that you do not like; teasing you



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Kelso Choice: Apologize

Examples of How To Use....

*Say, "I am sorry for X. I will try not to do it again. Please forgive me."

*when you accidentally bump into someone in the hallway

*when you spill crayons on the floor

*when you made a mistake or had an accident

*when you hurt someone

*when you accidentally drop food on the cafeteria floor



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Kelso Choice: Ignore It

Examples of How To Use....

*Look Away From the Person and Your Mouth is Quiet

*when someone cut in front of you in the class line

*when someone is talking loud and you are trying to listen to a story or do your work

*when someone is saying something you do not like



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Kelso Choice: Talk it Out

Examples of How To Use....

- *Use an "I-Message": I feel X because X. I want you to X.
- *when someone is sitting in front of you and you can't see the teacher
- *when someone says he/she will not play with you
- *when someone will not give you a turn watching TV or on the computer



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Kelso Choice: Share and Take Turns

Examples of How To Use....

- *Ask, "Can you please share?" or "Can you please take turns?"
- *when someone is not sharing a toy with you
- *when someone is not giving you a turn on the swings
- *when someone is not giving you a turn playing the video game at home



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Kelso Choice: Walk Away

Examples of How To Use....

*Get Up and Walk Away

- *when someone is saying something to you that you do not like
- *when someone is not playing fair in a game
- *when someone keeps changing the rules of a game

IT'S YOUR CHOICE!

DO YOU HAVE A SMALL PROBLEM?

TRY 2 OF KELSO'S CHOICES:



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Kelso Choice: Make a Deal

Examples of How To Use....

*Share Equally and Do a Task with Fairness

*when two people agree to bring items to play soccer; one brings the soccer ball and the other person brings water bottles

*when two people share a toy with equal time; you play with the toy for 10 minutes and then your friend plays with the toy for 10 minutes

*when two people share equally a chocolate piece of cake



Kelso Choice: Go To Another Game

Examples of How To Use....

***Think of Something Else You Would Like to Do or Play**

*when someone keeps changing the rules of a game and you do not like it

*when someone is not passing you the ball and its your turn to have the ball

*when someone is not being a good sport and following the rules of a game

IT'S YOUR CHOICE!

DO YOU HAVE A SMALL PROBLEM?

TRY 2 OF KELSO'S CHOICES:



***IF YOU HAVE A BIG PROBLEM,
TELL AN ADULT YOU TRUST.***